



# - The Life Space -

October 2012



## USAHC Hohenfels Monthly Newsletter

Welcome to the Hohenfels Health Clinic monthly newsletter, designed to bring you relevant information about our services as well as provide you with interesting tips and facts concerning our top priority -- Your Health.

### BREAST CANCER AWARENESS MONTH

Let's talk about breast health! That is probably a phrase you don't hear too often. Breast cancer is a disease that affects more of us than you know, to include both women AND men. In the United States, 1 in 8 women and 1 in 1,000 men will develop breast cancer over the course of a lifetime. Although not foolproof, there are lifestyle choices we can make to decrease the likelihood of developing cancer. Common recommendations include:

- Maintaining a healthy weight and body mass. Overweight women contain additional fat cells. In turn, these additional fat cells produce estrogen, which fuels the development and growth of breast cancer.

- Eating a low-fat diet with plenty of fruits and vegetables. High fat consumption triggers estrogen production which can fuel tumor growth.

- Regularly exercising, at least 5 hours per week. This reduces the risk and greatly improves the rate of survival for those who develop cancer.

- Low alcohol consumption. While 1-2 glasses of wine have been shown to decrease the incidence of heart disease, drinking 2-5 alcoholic beverages a day increases the likelihood of developing breast cancer.

Early detection through regular mammograms and clinical breast examinations can improve survival rates.

For more information on understanding breast cancer and risk factors, visit

[www.breastcancer.org](http://www.breastcancer.org);  
[www.komen.org](http://www.komen.org);  
[www.webmd.com/breast-cancer/default.htm](http://www.webmd.com/breast-cancer/default.htm);  
[www.nationalbreastcancer.org](http://www.nationalbreastcancer.org).

### NEW SUPPORT GROUP-

**WHO:** Persons currently in treatment for cancer; cancer survivors; family and friends

**WHAT:** Hohenfels Cancer Support Group

**WHEN:** The second Wednesday of each month from 11 a.m. to 12:30 p.m.

**WHERE:** The Wellness Resource Center

**WHY:** Provide information and resources to help with your journey

**FOR MORE INFORMATION:** Call the Hohenfels Clinic 466-4565.

### JOIN US

Put on your "Pink" and join us for the Breast Cancer Awareness 5K run/walk on Oct. 20. The 5K begins at 10 a.m. The entry fee is \$5, and registration begins at 8:30 a.m. in the CAC. You may sign up any day prior at the Post Gym. For more information contact the Post Gym at 466-2883.

### CONTACT NUMBERS

Nurse Advice Line: 00800-4759-2330  
Clinic Appointments: 09472-1750  
Patient Liaison: 09472-83-2819

The U.S. Army Garrison Fire Department is our single Point of Contact for medical emergencies requiring an ambulance. Dialing 09472-83-116 will connect you to an English / German speaking fireman who can coordinate an ambulance.

### TRICARE

Are you in need of Command Sponsorship? This is a MANDATORY requirement for dependents to receive TRICARE Prime Coverage while stationed overseas. Without Sponsorship, you are enrolled into TRICARE Standard, which could cost you 20 percent of the medical costs.

To learn more, stop by your local TRICARE office in the Health Clinic or call 09472-83-4528 to speak with Regina Butler, your TRICARE Representative.

For TRICARE overseas Prime coverage questions, please visit: <http://www.tricare.mil/mybenefit/home/overview/LearnAboutPlansAndCosts/TRICAREPrimeOverseas>

Command Sponsorship information: <http://www.tricare.mil/mybenefit/home/LifeEvents/Marriage/FamilyCareOptions>

### FLU IMMUNIZATIONS

Flu immunization is safe and effective. To prevent the impact of a flu outbreak to the Hohenfels Community, immunizations are FREE for all — Families, General Schedule employees, Contractors, Local National employees, and students. Dedicated Flu clinic hours are Monday through Wednesday from 6-7:30 a.m. and 3-4:30 p.m. through Oct 10 at the Clinic. Please take advantage of these dedicated times. Call DSN 466-3625 or DSN 466-4433 with questions.

### MAMMOGRAMS

Oct. 19 is our next "Ladies Day Out" in Regensburg. Join us for an escorted appointment. Transportation is provided and the early birds get to shop in Regensburg! Call 0947-283-3117

### SLEEP MANAGEMENT

The 43rd Army Surgeon General, Lt. Gen. Patricia D. Horoho, seeks to empower and improve the health of Soldiers, their families, and Army communities. As the leader of Army Medicine, she wants to improve individual performance and stamina along three main areas of emphasis, commonly referred to as the "Performance Triad"— sleep management, nutrition, and activity levels.

Locally, the *Hohenfels Health Clinic* aspires to provide beneficial tools, education, resources, early intervention, and treatment, when necessary, to positively impact YOUR life— how you sleep, work, play, and what you eat. In an ideal world, we want to prevent you from being a patient. During the next few months, we intend to publish a series of articles discussing many diverse aspects of sleep, and the importance of proper sleep management. Very few issues influence the quality of daily life more than the lack of a good night's sleep. Quality of sleep is a challenge for everyone at various points in their life.

Beginning in the November issue of the *Life Space*, we will delve into the factors of sleep and highlight many commonly associated problems. In the following months, we will look at sleep issues in combat, and the military challenges to good sleep. Other articles will address the effects of alcohol and caffeine, restlessness, stress, issues specific to women, children, and the aging adult. Finally, we will discuss treatment strategies to improve and enhance quality of sleep. We hope these articles will prove beneficial, as proper sleep management is a critical component of maintaining good health and wellbeing in this third of YOUR Life Space.